



Kachere

US EMBASSY LUSAKA ZAMBIA

Registering with the Warden System by the Consular Section

The Consular Section would like to encourage all Americans who are in Zambia to register through the online trip registration system.

We know that many of you have access to official U.S. government e-mail addresses and that you can find out about things when you are at work. As you know, things sometimes happen outside of working hours and/or spouses sometimes forget to bring information home to share.

If you want to receive official announcements from this Embassy sent to the American community, you need to register

with the Department of State "Travel Registration" system at <https://travelregistration.state.gov/ibrs/ui/index.aspx>.

To register with this system, you will need to create an on-line account and then enter some basic biographical detail about yourself. You have the ability to add multiple phone numbers and/or e-mail addresses as part of that process. Once you've created your account, you can then "add a trip" or "add a non-US residence." After selecting either of those buttons, you can then follow the prompts until you are asked whether you would like to be

included on the Embassy's e-mail list for the duration of your stay in any given country. You will know you've successfully signed up for e-mail notification only after you receive an e-mail confirmation to your account ►

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– if you don't receive an e-mail confirmation within two business days of signing up, you should

return to the website and check your information.

Below is a sample of the most recent "Warden Message"

that the Embassy distributed through this online travel registration system.

Warden Message – Update on Medical Situation in Zambia October 3, 2008

This Warden Message is related to recent rumors regarding an illness that took the life of a Lusaka resident and her caregiver. The Embassy believes that this illness does not pose a significant threat to the American community in Lusaka or across Zambia at this time.

The U.S. Embassy has consulted with epidemiologists with the U.S. Centers for Disease Control and Prevention, local medical practitioners, and the Government of the Republic of Zambia to understand the nature and extent of this illness. There have been no further reported cases related to the initial patient and it appears that transmission has been contained.

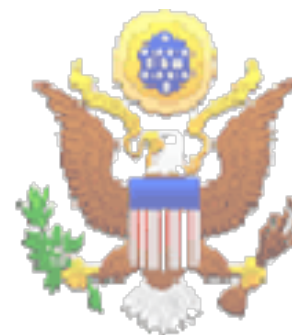
The Embassy will continue to monitor events and will share information through the warden

network as necessary. Should an American citizen experience a health emergency, the Embassy recommends that they seek immediate medical attention. If necessary, the Embassy can be reached at 260-211-250-955 on a twenty-four hour basis.

Americans traveling abroad should regularly monitor the U.S. Embassy's website the U.S. Department of State's, Bureau of Consular Affairs' website www.travel.state.gov, where the current Worldwide Caution, Travel Warnings, Travel Alerts, and Country Specific Information can be found. In addition to information on the Internet, travelers may obtain up-to-date information on security conditions by calling 1-888-407-4747 toll-free in the U.S. and Canada, or outside the U.S. and

Canada on a regular toll line at 1-202-501-4444. To obtain Centers For Disease Control and Prevention (CDC) travel notices, you may dial the CDC at 1-800-CDC-INFO (1-800-232-4636) from within the U.S., and at 1-404-639-3534 from overseas, or visit their website at <http://www.cdc.gov/travel>.

The U.S. Embassy is located at the corner of Independence and United Nations Avenue , tel. 260-211-250-955. ■



Publication Deadlines

Next Issue 16 October 2008

Submission by 14 October 12:00

Editor Rachel Cleverley

E-mail to kacherelusaka@yahoo.com

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Numbers:

Post 1
250-955 ext. 2221

Care for Business Hospital
254-398

Duty Officer
0966-864-030

GSO/FM Duty Officer
0966-864-027

RSO Duty Officer
0966-864-009

Nurse's Office
250-955 ext. 2238 or 0966-864-039

CFB Appts & Urgent Care Needs
252-917

Hours:

Medical Unit
0930-1230 (Mon - Fri) Walk ins
1300-1700 (Mon - Thurs) By appt

Commissary
0900 - 1300 (Mon - Thurs)
1500 - 1800 (Mon & Wed)
0900 - 1600 (Fri)

CLO
0600 - 1500 (Mon & Wed)
0700 - 1600 (Tues & Thurs)
0700 - 1200 (Fri)

Voyagers Travel
0900 - 1200 (Mon - Fri)
1400 - 1530 (Mon - Thurs)

Citibank
1100 - 1300 (Mon - Thurs)
1030 - 1230 (Fri)

Embassy Gas Pump
0730 - 1230; 1400 - 1730 (Mon - Thurs)
0730 - 1300; 1400 - 17:00 (Fri)

clo's line

EMBASSY BULLETIN

TOWN HALL MEETING FOR PARENTS: October 14, 11:00 am, at USAID under The Shade area there will be a Town Hall meeting with Pam Ward, our educational advisor. Parents are strongly encouraged to attend.

AMCA WINE ORDER: We will start putting together a new order of wines and other South African products. If you are interested in ordering a case, or more of your favorite wine, please send us an e-mail before October 17th. We are planning this shipment to be here by mid December. Our main supplier in South Africa, SAMTrex has a web page where you can check their products and choose what you would like to order. Their web page: www.samtrex.co.za. If you cannot check the website, we have one catalogue in the office you can come and check during store hours. Orders must be made by the case, no single bottles.

5TH ANNUAL MDG RACE: October 11th 0730 to 1300. Lusaka Showgrounds Main Arena. Free, join in a fun 21 km run or a healthy 7 km walk to promote your favorite Millennium Development Goal, or all 8! Registration ends October 9th at ZAAA or send your registration details to Patrick Slavín at pslavin@unicef.org. Free, free t-shirts to the first 1,000 registered.

AWARD NOMINATIONS: Submit your award nominations to HR today! The Joint Awards Committee will meet on Monday, October 20, to review all received award nominations. This year's annual Awards Ceremony is scheduled to take place on Friday morning, November 21, 2008. For more information refer to MGT NOTICE 086/2008 TIMELINE FOR INCENTIVES AWARDS PROGRAM distributed on 09/19/08.

PRESIDENT'S FITNESS CHALLENGE: Log on to www.presidentschallenge.org to learn about fitness programs in advance of an upcoming CLO competi-

RECURRING ACTIVITIES:

Monday

18:00 - Volleyball at Marine House. Bring I.D.
17:30-19:00 - Yoga with Terry Henning
0977273324

Tuesday

Cub Scouts - contact Tim McVey for details (262-236)
18:00-19:00 - Yoga at French School (behind Alliance Française)

Wednesday

18:00 - Basketball at Marine House

Thursday

08:00-9:30 - Yoga with Terry Henning
0977273324
17:30-19:00 - Yoga with Terry Henning
0977273324
18:00-19:00 Yoga at French School (behind Alliance Française)
19:00 - Biodanza classes - 0979 594 330 / email: biodanzazambia@gmail.com / www.biodanza.co.za/zambia

Saturday

10:30 - 13:00 Ultimate Frisbee at AIS upper field
10:00-11:00 - Yoga at French School (behind Alliance Française)
13:00-18:00 - Social Tennis at the Lusaka Sport Club. K15,000. Mixed doubles
16:00-17:30 - Yoga with Terry Henning
0977273324
Biodanza - 0979 594 330 / email: biodanzazambia@gmail.com / www.biodanza.co.za/zambia

Sunday

6:30 - Running group. Contact Debi Philpot at debipotty@hotmail.com

Alcoholics Anonymous - Meets every Tuesday and Friday. Tuesday from 12:30 pm to 1:30 pm at Kara Counseling Resource Center, Bukavu Road, Thorn Park. Friday from 5:30 pm to 6:30 pm at Kalemba Hall, St. Ignatius Church. Info: 0977-400-633 or 095-400-926

Biodanza, will reconnect you with joy through fabulous music, non-choreographed movement and emotion. Biodanza is about feeling the fullness of every moment and awakening our passion for life. It works by opening your sense of joy, self-esteem and self-confidence, which matures with regular classes. Adult classes every Thursday evening at 7pm in Long Acres. Youth classes (6 to 12 yrs) Moms/Dads & classes (babies to 5 yrs) every second Saturday at 10am and 3pm respectively. Call Michelle at 0979 594 330 / email: biodanzazambia@gmail.com / www.biodanza.co.za/zambia for more info.

Chilanga Hackers Golf Society - Peter Manibach 290-818 or Kevin Birch 09777-790-900

Diplomatic Spouses Association (DSA) meets the last Tuesday of every month. Jill Penny 0977-770-094

Family cruises on the Kafue Queen Only 50 km from Lusaka. Transport available. Bar and BBQ on board. Info: Ian 0977-232-949, 0955-913-984, 01-216-016 (evenings), finot@zamnet.zm

Happy Mums and Toddlers International Group All moms with 3, 4, and 5 year olds are welcome to join the group. Conny 293-363, 0977-766-955, dizaco@uudial.zm

Jane Austen Book Club - Kini 0966-637-764

Karate and Self Defense Classes for Children, Men, and Women Shotoham karate. 0977-789-389, 095-704-540, 286-388

Ladies' Beginner Golf Lessons- Chainama Hills Golf Club (264-694)

Ladies Squash - Mulungushi Village Squash Club - Sue 0977-326-381, Jeff 0966-680-696

Lusaka Bridge Club - 250-409, 264-432, money@coppernet.zm

Lusaka Hash House Harriers - Lothario 0977-790-808, Boy Blue 0966-766-249, Jerry Mouse 0977-471-764, pgwhite@coppernet.zm or lusaka.hash@zambia.co.zm

Lusaka Kennel Club - 260-081

Lusaka Road Bikers - Ginty Melvill 0966-766-896, GintyM@seedco.co.zm or Len Ware 095-580-1954, murryfieldfarm@zamtel.zm or Andy Legg 0966-858-733, mcrop@zamnet.zm. The Road Bikers group is a recognized section of the Lusaka Motor Cycle Club.

Martial Arts for Children and Adults - 0977-783-537

NHL Club - street hockey - Mike 0977-376-450

Power Yoga - 097-779-0825, 0977-789-680

Tennis - Lusaka Club - 0977-964-121, lusakatennis@yahoo.com

Wildlife and Environmental Conservation Society of Zambia (WECSZ) - Meets once a month for ecological talks and lectures led by experienced conservationists - 251-630, wecsz@zamnet.zm


Zambia Basketball Association - mini basketball skills for children between 5 and 13 - Mwembe Kaona 0966-752-797

Zambia Ornithological Society - meets once a month for a bird walk in the countryside. Guida Bell-Cross 235-949, www.wattledcrane.com

Zambia Tae-Kwon-Do Association - 254-090

Zambia Universal Skydiving Club - learn to skydive. Dave 0966-860-306, Julius 0977-791-256, Gary 0977-337-153

tion.

 **INTERESTED IN EMPLOYMENT** in America or around the world? Check out linkedin.com! Professionals can exchange ideas, resumes, and view employment opportunities.



ATTENTION ALL GHOSTS & GOBLINS: Join the CLO for a frightfully good time this Halloween!



Who: All who dare to Trick-or-Treat at the haunted Mass Media Compound*

Time: 5 P.M. prompt!

Cost: 15,000 kwacha

Date: Saturday, October 25

RSVP CLO (X2291 or LusakaC@state.gov)

*Children of U.S. Mission employees – Parents must stay with their children during this event, and bring their Mission I.D.'s.

Hi Everyone – Please help us keep Zambia beautiful and litter-free by recycling the following items:

- *paper (including office paper, magazines, newspapers; paper towel and toilet paper rolls)
- *cardboard boxes (e.g., from cereals, cookies, and crackers)
- *plastic shopping bags

Rinsed with visible food residue removed:

- *plastic containers (Water and soda bottles of all sizes but preferably 2-liter and 1-liter sizes; yogurt containers, big and small; small fruit cups)
- *tin and aluminum cans
- *glass (wine bottles, juice bottles and jars, preferably with lids)

Many of these items will be used by students at the Baobab School to make craft items, and local crafts people to make some of the products we love to buy at the Dutch Reform Market! If you are interested in participating, please contact Pam at 257 515, extension 2020. Thanks!



WEEKLY UPDATE

October 2, 2008

Eldercare Support Services

Do you need information or support on eldercare? The Department has several resources right at your fingertips. Logon to the Family Liaison Office (FLO) website at <http://www.state.gov/m/dghr/flo/c23133.htm>. We encourage you to begin with FLO's article, "Caring for Elderly Parents," which provides guidance on effective communication with elderly parents and provides general indicators of when a lifestyle change may be necessary for your senior loved one. There is also information on bringing a parent to post, living wills, and eldercare legal issues. The Department's Bureau of Human Resources and Employee Relations (HR/ER) provides eldercare support using information sessions, support groups, and information on Eldercare Emergency Visitation Travel. Logon to *Information Quest (IQ)*, the free dependent-care and personal issues referral service, at: <http://hrweb.hr.state.gov/prd/hrweb/er/worklife/dependentcare/iq/InformationQuest.cfm> for additional information. The most recent IQ newsletter highlights services for aging parents such as senior housing, activity centers, and caregiving resources. Logon and receive directions on how to request a free Adult Care Kit today. The online newsletter is located at: <http://hrweb.hr.state.gov/prd/hrweb/er/worklife/dependentcare/eldercare/eldercare.cfm>. Naomi Ritchie, FLO's Crisis Management and Support Officer, is available at 202 647-1076 or ritchienf@state.gov for questions.

Family Liaison Office Programs for Working on the Local Economy Overseas

As always, we encourage you to get to know FLO. Logon to the links below to find out what some of your employment options are. For more information, contact FLOAskEmployment@state.gov.

[Global Employment Initiative/Strategic Networking Assistance Program \(GEI/SNAP\)](#) The Global Employment Initiative and Strategic Networking Assistance Program (GEI/SNAP) is a Family Liaison Office program designed to help Foreign Service family members with career development and identification of employment opportunities. GEI/SNAP establishes partnerships with multinational corporations, organizations, and NGOs to provide US Department of State and other Foreign Service agency family members with the contacts necessary to develop and sustain their career ambitions while living abroad.

[Manpower Partnership with Department of State](#) - Manpower, a worldwide human resources recruitment and placement agency, has entered into a global partnership with the U.S. Department of State aimed at providing on-the-ground support, job placement services and access to thousands of online training courses to Foreign Service family members around the world.

[Home-based Businesses and/or Telework](#) - Find answers to many of your questions regarding starting and operating a home-based business. Take our Telework Assessment Survey to see if Telework is for you and view resources for finding telework positions.

The FLO Weekly Update is a compilation of news and information from the Family Liaison Office, Department of State for American U.S. government employees who are serving, have served, or will be serving under Chief of Mission Authority and their family members or Members of Household.



Weekly Update

October 7, 2008

REVISED AFGHANISTAN SERVICE RECOGNITION PACKAGE

The revised Afghanistan Service Recognition Package cable released in September 2008 allows certain employees volunteering for service in Afghanistan during the summer 2009 assignment cycle to be detailed from an overseas post and allowed to leave family members at their current post of assignment. Final decisions will be made at the Department's discretion. To view the full cable, please logon to the intranet site: http://telegrams.state.gov/aldac/view_telegram.cfm?teleid=8190391.

JOB SEEKERS NETWORK GROUP

Looking for Federal employment or employment outside of the government? Reach out to the Job Seekers Network Group! Join today and receive important job search resources, stay motivated, and get in touch with colleagues looking for work. Online job hunt strategies will be discussed at the next meeting scheduled for **Tuesday, October 28th, at 12 noon to 1 pm**, FSI, Room E-2118.

If you would like to attend, email the FLO at: FLOAskEmployment@state.gov.

CAREER TRANSITION CENTER JOB FAIR

Employees and family members of US Foreign Affairs agencies are invited to meet and discuss employment prospects with hiring recruiters from 40 different USG contractors, NGOs, the private sector, and Federal agencies. Dress in business attire, and bring copies of your resume on **Tuesday, October 28th, from 1 to 4 pm**, at the Foreign Service Institute (FSI), Building D

(Field House).

Pre-registration is NOT required. Access to FSI is permitted with a diplomatic passport or USG issued ID. Family members without a USG ID can register by emailing FLOAskEmployment@state.gov. Please include your full name, the full name of the direct hire spouse/partner, and the direct hire's work e-mail.

COMPREHENSIVE GUIDE ON PREGNANCY AND RELATED ISSUES

The Department of Human Resources has compiled information and answers to questions related to leave, medical evacuation, per diem, and other pregnancy-related issues in a cable issued last March (ALDAC, STATE 03214, March 27, 2007). This information also provides guidance on documents to take with you; M/MED points of contact; health insurance guidance; obtaining a birth certificate and passport; and adding a dependent to your orders. References to the Foreign Affairs Manual (FAM) are included, and apply to everyone covered by the Department of State's Medical Program.

Employees interested in these issues in connection with adoption should consult the Foreign Affairs Handbook, 3 FAH-1 H-3423, and FLO's Intercountry Adoption Guidelines for the Foreign Service <http://www.state.gov/m/dghr/flo/c23128.htm>.

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classifieds

Submit ads to kacherelusaka@yahoo.com by noon on Tuesday. Ads will run for three issues and can be renewed. If the ad is obsolete before the three issues are up, please notify the editor as soon as possible. Thanks!

AUTOMOBILES

SECOND NOTICE 1995 Nissan Prairie 7-seater – petrol – automatic duty paid \$0,000 (OBO). Available in October – Erica 0977-640-903.

FOR SALE

SECOND NOTICE Very comfortable couch and 2 matching overstuffed chairs, creme in color, in good condition. We're asking \$900 for the set, OBO. Contact Kimberly 0977 790 257.

SECOND NOTICE Furniture/Household items for Sale:

- Bookshelf (extra large – pine) \$70
- Pine desk \$80
- Large leather office chair \$40
- Pine kitchen table + 4 chairs \$150

Also available: small tables, lamps, books, baby clothes, toys.
Erica 0977-640-903

STAFF

FIRST NOTICE Winnie Mufaya is an honest, hard working housekeeper who is seeking part time work two or three days a week. Winnie has worked for Americans for over 10 years and she comes with references from her current and previous employers. Winnie can manage the house fund, grocery shop and cook many dishes. She is comfortable around dogs and cats. Winnie is very thorough and flexible. She also has a very pleasant demeanor. Call Andy at 0979 952 808 or Nancy at 0977 720 577 call Winnie directly at 0977 677 802.

SECOND NOTICE Hilda Njovu is honest, hardworking and reliable. She can cook many different cuisine (Thai, Mexican, Mediterranean – she even makes real New York bagels). She is fantastic with children – with infants and she has plenty of energy to keep the big kids

safe and entertained. Housekeeping skills are also impeccable. We cannot recommend her more highly. Call Erica for reference 0977-640-903 and/or Hilda directly on 0977-922-819.

THIRD NOTICE Highly Recommended Live-In Houseman Available: Shadreck Phiri is an exceptionally honest, diligent, hardworking person who has worked for Embassy families for years. He cleans, does laundry, irons, cooks a few great dishes and took wonderful care of our pets. For his letter of recommendation or if you have any questions, please email Launy (his employer for the last 4 years) at kitadog@wildmail.com or you can contact Shadreck directly at 0979-672-085.

WANTED

FIRST NOTICE We are seeking a part time gardener to work two days a week. The ideal candidate speaks and understands English well, has professional gardening knowledge (including vegetable gardening) and is comfortable around dogs. Poultry knowledge a plus. References required. The job is based in Kabulonga. Contact Andy at 0979 952 808 or Nancy at 0977 720 577.

RECOMMENDATIONS

FIRST NOTICE As you may have noticed, a new hair salon is open at the Ababa House (1206 Addis Ababa, Rhodes Park) named Shampayne. Hair stylist Shayne, who runs the salon, hails from Zimbabwe, but after finishing her hair styling degree in London, she bounced around and found herself teamed up with old friends also from Zim, the owners of Ababa house. Her salon is quaint, fresh, and airy. After finding out her extensive background with hair styling and where she has studied, I felt instantly at ease. She did a great job with my hair cut and if I ever took the time to actually do my hair, then

I would give her hair cut the credit it truly deserves! A haircut starts at K80,000 (without a blow dry, with blow dry is K130,000). Call to make an appointment or to inquire about services. 256-441. -Rachel Cleverley

Offer from **South African Airways**:
\$798 -- South Africa from NYC or D.C. (Roundtrip)

New York or Washington, D.C. to Johannesburg

Travel dates: **Nov. 4 - Dec. 5**

South African Airways just launched a "November to Remember" sale from Washington, D.C., and New York City to Johannesburg for only **\$798 roundtrip!** For the same base price, you can also fly from New York City to Dakar. Even with a great sale, we rarely see fares on this route below \$1200.

Special offer valid on select dates:

From New York (JFK): Nov. 4, 5, 6, 11, 12, 13, 17, 18, 19, 24, 25, 26, 27

To New York (JFK): Nov. 9, 10, 11, 12, 13, 15, 17, 19, 20, 22, 24, 25, 26, 27; Dec 1, 2, 3

From Washington DC (IAD): Nov. 4, 5, 6, 9, 10, 11, 12, 13, 14, 16, 17, 18, 19, 23, 24, 26, 27

To Washington DC (IAD): Nov. 10, 11, 12, 13, 16, 17, 18, 19, 23, 24, 25, 26, 27; Dec 2, 3

Book by Oct. 17 at
<http://ww1.flysaa.com>. Taxes of approx. \$85-\$95 are additional.

From Travelzoo.com

employment

PEACE CORPS PROGRAM & TRAINING SPECIALIST

Opening Date: April 4th

Location: Lusaka

Closing Date: until filled

Salary Range: FSN 8 (ZK 91,737,900 to 144,616,878 per annum)

Basic Function:

The Program & Training Specialist provides backstopping support to the Associate Peace Corps Director of Rural Education Development. This includes: Coordination and facilitation of the technical component of Pre-Service Training (PST); assistance during Volunteer In-Service Trainings; providing support to Volunteers in the field; liaising with Host Country Counterparts (e.g. MOE Officials) and other organizations; volunteer site identification and development; participation in project planning and implementation activities; management of world wide schools program; and secretarial support as needed. The position requires an energetic Zambian citizen with expertise in basic education, the Ministry of Education structure, designing and delivering training in an intercultural setting, as well as a desire to work with and support American volunteers, among other qualifications. It also involves frequent travel to the field and administrative/secretarial duties.

Mandatory Qualifications:

In order to be selected for this position, the applicant must be a Zambian Citizen, must not have been employed in intelligence-related activities, and must submit an application that clearly documents how they meet each of the following mandatory requirements:

- Applicants must have at least two years of substantive experience in activities noted in the Basic Function,
- Must have completed secondary school,
- Must have a good working knowledge of the English language (spoken and written),
- Must have a demonstrated ability to work with other staff as a team,
- Must have a demonstrated ability to work in a multi-cultural setting,
- Must have proficiency in working with computers (word processing & spread sheet).

Desired Qualifications:

- Although the following are not mandatory for selection, highly competitive applicants will have experience/education in the following.
- Three to five years of experience in training and programming support,
- Expertise in grass roots development methodologies,
- Three to five years experience working in the field of Education in Zambia
- Conference and meeting facilitation skills,

- An advanced diploma in education or related field of study (Possessing a degree in these fields will be an added advantage).

To apply, submit an application letter that addresses the Mandatory and Desired Qualifications, CV and list three references. Applications accepted until filled. Only short-listed candidates will be notified and no telephone inquiries will be entertained.

Address applications to:

The Program & Training Officer

PTS Education Position

Peace Corps Zambia

Plot 71A Kabulonga Rd., Kabulonga

PO Box 50707

Lusaka, Zambia

2 POSITIONS: CDC CHAUFFEURS MONGU & CHIPATA

OPENING DATE: September 23, 2008

CLOSING DATE: October 07, 2008

WORK HOURS: Full Time; (45 hours per week)

SALARY: Based on the Embassy's Local Compensation Plan - FSN 3 with a starting salary of ZK 39,453,990.

The U.S. Embassy in Zambia is seeking to hire qualified individuals to fill the position of Chauffeur in the Missions Centers for Disease Control and Prevention section to be based in Western Province (Mongu) and Eastern Province (Chipata).

MAJOR DUTIES AND RESPONSIBILITIES:

Incumbent operates an official passenger/cargo motor vehicle in accordance with CDC management's instructions to ensure timely transportation of officers, visitors, equipment and cargo while driving in a safe manner. Maintains vehicle in a clean and serviceable condition and performs minor preventive maintenance, advising vehicle mechanic of problems which require more technical maintenance or repair. Serves as a messenger by delivering documents or invitations to government offices, enterprises and other diplomatic missions. Performs other duties assigned.

REQUIRED QUALIFICATIONS

Note: All applicants are instructed to address in their Curriculum Vitae, each item detailed below with specific and comprehensive information supporting each requirement:

- Successful completion of senior secondary school and a craft certificate in auto mechanics is required.
- Four years work experience as a driver with an NGO, Embassy or Government Ministry is required.
- Level III (good working knowledge) spoken and written English is required.
- A valid driver's license and knowledge of local traffic laws and patterns are required.

- Must be customer oriented and possess effective communication skills.

A copy of the complete position description listing all duties and responsibilities is available in the Human Resources Office. Please call 250-955, extensions 2284, 2286 and 2360 for more information.

TO APPLY: Submit application for U.S. Federal Employment (OF-612) if currently employed by the US Government or its agencies; or a current resume or curriculum vitae and supporting application letter; plus any other documentation (e.g., essays, certificates, awards, copies of degrees earned) that addresses the qualification requirements of the position as listed above. Submit application to: American Embassy: Human Resources Office, Corner of Independence and United Nations Avenue, P.O. Box 31617, Lusaka. (T)250 955 x 2286.

USAID SENIOR HEALTH ADVISOR

USAID/Zambia has an immediate opening for a Senior Health Advisor in the Population, Health and Nutrition Office (PHN). USAID/Zambia's Population, Health and Nutrition (PHN) program works with the GRZ Ministry of Health (MOH) under the National Health Strategic Plan to provide support to public, private and NGO activities in family planning/reproductive health (FP/RH), maternal and child health (MCH), HIV/AIDS, malaria, tuberculosis and health systems strengthening. The successful candidate will have primary responsibility for providing guidance, monitoring and technical support to USAID, the US Mission in Zambia, the Government of the Republic of Zambia (GRZ), USAID/Zambia cooperating agencies, and technical counterparts and other donor agencies in the design, implementation, coordination, monitoring and evaluation of Zambia's PHN activities. In addition, the candidate will ensure that USAID/Zambia's PHN activities are (1) designed, implemented, monitored and reported in accordance with USAID health policies and guidelines; and (2) fit within the health priorities and plans of the Ministry of Health. As a manager for several large bilateral and Global Bureau CA partners, ensures that activities under these agreements fall within USAID's Strategic Objective Agreement Grant (SOAG) and the Ministry of Health's National Health Strategic Plan and provides oversight of work plans, budgets and reporting as appropriate.

MAJOR DUTIES AND RESPONSIBILITIES

1. Serves as the primary FSN technical resource for the design, implementation and monitoring/evaluation of USAID/Zambia's PHN activities. Specific focus areas will be determined according to the needs of the SO Team in relation to the current program and staff skill mix. Reviews USAID/Zambia's activities in PHN focus areas and makes recommendations on possible new activities and technical assistance needs. Provides Technical Assistance in Reproductive Health, Maternal and Child Health, HIV/AIDS, Health Systems, Human Resources for Health (HRH), and Monitoring and Evaluation.
2. Provides technical assistance to the GRZ's health strategy, plans and activities in focus areas. Serves as USAID/Zambia's liaison with other donors in the area of PHN focus areas in order to provide technical input, represent USAID's program and views in discussions and

common plans and actions, and ensure that USAID activities are coordinated with other donor programs.

3. Manage specific USAID agreements providing technical and programmatic guidance. Reviews annual work plans, monitoring progress towards results and pipelines and burn rates making recommendations for annual incremental funding.
4. Participates in the regular monitoring, periodic evaluations and reviews of USAID-funded projects, including program analysis and strategic planning for future USAID assistance in the health sector.

DESIRED QUALIFICATIONS

Education: Clinical qualification (physician, nurse, midwife etc) plus Master degree in Public Health.

Prior Experience: From six to eight years of progressively responsible, professional level experience in public health program development and implementation including experience in analysis and interpretation of data and strong written and oral communication skills. Previous experience with USAID (and/or USAID Cooperating Agencies) or other donor agencies. Direct work experience in the Zambian and public or NGO health system.

Language Proficiency: Level IV (fluent) English proficiency is required.

Skills and Abilities: Ability to establish/maintain an extensive range of contacts with Zambian Ministerial and other government officials and influential persons in the private sector is required in order to represent USAID and US Government development policies and programs and explain/interpret host-country attitudes. Ability to work effectively as part of a team. Must be available for in-country travel.

Qualified Zambian candidates should send a formal letter of application, a current CV, photocopies of professional certificates, degrees and the contact information for three professional references. Please reference the above announcement number.

The Executive Officer
USAID/Zambia
351 Independence Avenue
P.O. Box 32481
Fax: (260) 211-254532
Lusaka

Closing Date and time: October 27, 2008 at 17:00 hours.

Only short-listed candidates will be notified and provided with further instructions. Please note that no telephone enquiries will be entertained.

nurse's notes

Healthy Habits and Resources: For children and adults



Schoolbags: A child should never carry a schoolbag that weighs more than 15 percent of his or her body weight. Parents should check the contents from time to time to see whether the child is taking unnecessary objects to school. The bag itself should be lightweight, with a stiff back to prevent sharp objects from pressing on the child's back. The straps should be wide and padded. It should be worn so the top of the bag is lower than the shoulders and the bottom is not lower than the child's backside. Orthopedists warn against carrying a heavy schoolbag on one shoulder or using types that are wheeled by pulling with one hand.

Submitted by Eliana Aaron, MSN, APN-C, Jerusalem Health Unit. Thank you, Eliana!

-From State Department Newsletter *Health Action*, October 2008

WORLD MENTAL HEALTH DAY

Oct. 10, 2008

How apropos is the theme of last year's World Mental Health Day, "Mental Health in a Changing World: The Impact of Culture and Diversity." "People are probably more tied to their cultural and ethnic beliefs when ill than when feeling well. Illness is stressful and may lead individuals to revert to what is known and comfortable." See the World Federation of Mental Health web page at this site for information about the 2007 and 2008 World Mental Health Day Campaigns.

The 2007 Campaign Section 2.1 "Culturally Sensitive Programming" presents The United Nations Population Fund's excellent "Guide to Working from Within: 24 Tips for Culturally Sensitive Programming." These universal principles provide a culturally sensitive approach to personal relations whether in the office, clinic (treatment plans or health promotion!), school, or other settings in order for people of all walks to identify with and internalize goals in the context of their own lives. Most simply we all need to be able to work with people at their own level and to find common ground.

Here are some of the most pertinent "tips."

- Demonstrate respect by avoiding patronizing language or attitude.
- Show patience by engaging in dialogue to clarify issues and address doubts.
- Be inclusive with a transparent process of consultation with all parties.
- Rely on the objectivity of science by referencing evidence-based data.
- Avoid value judgments about behavior and beliefs; explore thoughts and aspirations.
- Assume the role of facilitator by relinquishing control and by listening to others.
- Honor commitments in order to build trust and confidence.

- Find common ground as a point of entry.
- Accentuate the positive which diffuses tension involved with harmful practices.
- Reach out through popular culture enhancing creative processes and expression.
- Let people do what they do best, whether working by themselves, with a buddy, or in a group.
- Celebrate achievements as pride certainly reinforces efforts and involvement.
- Never give up. Appreciate the small changes.

RECALLS

Mr. Brown 3-In-1 and 2-In-1 Powdered Packets in Bag Coffee Mixes Due To Health Risk

The recall was initiated after the manufacturer notified Sunny Maid that these 3-in-1 and 2-in-1 Coffee Mix products may contain melamine. Although only certain lots are potentially contaminated, Sunny Maid is recalling all lots. No illnesses associated with this product have been reported to date.

FDA Detects Melamine Contamination in Flavored Drink

The U.S. Food and Drug Administration (FDA) has increased inspections and product testing efforts in response to the melamine contamination problem which originated in Chinese dairy products. As a result of the FDA's on-going testing program, the agency has detected melamine contamination in Blue Cat Flavor Drinks. The distributor of the product, Tristar Food Wholesale Co. Inc., initiated a recall of several flavors of Blue Cat Flavor Drink, based on the FDA's findings. The FDA advises the public not to consume this product and recommends that retailers and food service operators remove the product from sale or service.